

# Rab Mountain Marathon 2008

**Start number:** \_\_\_\_\_

**Name(S)** \_\_\_\_\_

## **Safety**

We need a set rule if you have difficulties. On the Saturday if you do not get to the overnight campsite we will assume you have made your own arrangements and camped out on the hills. You are responsible for your own safety and you should be carrying enough equipment for at least one night out on the hills. You will be expected to make your way back to retire on Sunday either at the overnight camp by 9am or at the finish by 3pm. You **MUST** inform a marshal that you have retired and return/download your dibber. Failure to comply will lead to disqualification and a ban from future events, in addition to any rescue fees. If you are more than 1 hour late on the Sunday afternoon we will inform Mountain Rescue.

## **If you or a member of your team is injured.**

Be sensible and assess the whole situation. Use your whistle to summon assistance from other competitors. Put the casualty in a sleeping bag or tent while someone, preferably two people, go for help. Someone should stay with the casualty at all times, although if you cannot summon help you may have to leave them on their own. Make a careful note of the grid reference, nearby features, time and nature of injuries. Telephone the 24 hour emergency phone numbers shown on your map and on the Control Description sheet and ask for a suitable message to be passed to the Mountain Rescue Team. If you cannot contact the event emergency numbers please dial 999 and ask for the police and mountain rescue. Solo runners are at particular risk as there are many crags in the area. Please be extra careful and consider the risks to yourself and to others, who may need to rescue you, when crossing difficult terrain.

## **The disclaimer.**

Please read this, print off a copy, sign it and bring it with you to the event to hand in with your kit list

*I/WE have read all the event information and agree to abide by the Fell Runners Association and the event rules, and that **I/WE** enter this event/these events at **MY/OUR** own risk.*

*When **I/WE** set off on the Rab Mountain Marathon **I/WE** will be accepting full responsibility for **MY/OUR** safety and any injury **I/WE** sustain during the event. These are not the responsibility of the event organiser. **I/WE** acknowledge the fact that the event crosses rough and steep ground, plus the weather is unpredictable and may be poor.*

***I/WE** accept the hazards of the race and those involved in fell running and that **I/WE** enter at **MY/OUR** own risk. **I/WE** understand that the organiser accepts no liability for any loss or damage of any nature to me, **MY/OUR** personal representatives, or **MY/OUR** property arising out of my participation in the event.*

***I/ We** understand the minimum age level for entry is 16 but any entrant under the age of 18 **MUST** be accompanied by an adult over the age of 21. Extra FRA rules apply to entrants under 18yo.*

**Signature(s):**

**Runner 1** .....

**Runner 2** .....